Maximal power output typically occurs when subjects perform ballistic exercises using loads of ~30% of one-repetition maximum (1-RM). However, performing 1-RM testing prior to power measurement requires considerable time, especially when testing involves multiple exercises. Maximal isometric force (MIF), which requires substantially less time to measure than 1-RM, might be an acceptable alternative for determining the optimal load for power testing. PURPOSE: To determine the optimal load based on MIF for maximizing dynamic power output during leg press and bench press exercises. METHODS: Twenty healthy volunteers (12 men and 8 women; mean ± SD age: 31 ± 6 y; body mass: 72 ± 15 kg) performed isometric leg press and bench press movements, during which MIF was measured using force plates. Subsequently, subjects performed ballistic leg press and bench press exercises using loads corresponding to 20%, 30%, 40%, 50%, and 60% of MIF presented in randomized order. Maximal instantaneous power was calculated during the maximal instantaneous power was calculated during the dynamic power output during ballistic leg presses and bench presses. Subjects. Twenty healthy volunteers (mean ± SD: 12 men, 8 women; age: 31 ± 6 years, body mass: 72 ± 15 kg) were recruited to participate in this investigation. Test protocols and procedures were reviewed and approved by the Johnson Space Center’s Committee for the Protection of Human Subjects. Procedures. Data were obtained using a leg press device (Nebula Fitness Equipment, Versailles, OH) and bench press power cage (Fitness Technology, Sky, SA, Australia). Both devices were equipped with a force plate (Kistler Instrument Corp., Amherst, NY) and position transducer (Fitness Technology). Analyses. Data were analyzed using repeated-measures ANOVA. In the event of a significant F score, the Fisher LSD post-hoc test was used to determine pair-wise differences. The criterion for statistical significance was P<0.05.

### Results

#### Maximal Isometric Force

MIF values are presented in Table 1.

#### Maximal Instantaneous Power Output

**Leg Press**. Six subjects were unable to be tested at 20% and 30% MIF because these loads were less than the lightest possible load (i.e., the weight of the unloaded leg press sled assembly, 31.4 kg). Therefore, these loads were excluded from analysis. ANOVA revealed a trend (P=0.07) for a main effect of load. Subsequent analysis indicated that power output during the 40% MIF attempt tended to be greater than power output during the 60% MIF attempt (effect size = 0.30) (Figure 1).

**Bench Press**. Five subjects were unable to be tested at 20% MIF because these loads were less than the weight of the unloaded aluminum bar (11.4 kg). Therefore, these loads were excluded from analysis. ANOVA revealed a significant main effect of load; post hoc analysis indicated the following order: 30% > 40% > 50% = 60% (Figure 2).

### Conclusions

Maximal isometric force (MIF), which requires little time and is inherently safe to perform, can be used as an alternative strength measure for determining the optimal load for power testing.

LOADS of 40% and 30% of MIF elicit maximal power output during ballistic, concentric-only leg press and bench presses, respectively. The optimal relative load for measuring peak power output (i.e., ~30-40% MIF) is similar to that which is recommended when loading is based on 1-RM (i.e., ~30-1-RM).

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